DOCUMENT RESUME

ED 335 500 CE 058 660

TITLE A Developmental Curriculum Plan To Achieve a Sequenced Curriculum between High School Courses in Food Preparation and the Mattatuck Community College Hospitality/Food Services Program. Final Report.
INSTITUTION Mattatuck Community Coll., Waterbury, CT.
SPONS AGENCY Connecticut State Dept. of Education, Hartford. Div. of Vocational, Technical, and Adult Education.
PUB DATE 31 Oct 90
NOTE 51p.
PUB TYPE Guides - Classroom Use - Teaching Guides (For Teacher) (052) -- Tests/Evaluation Instruments (160)

EDRS PRICE MF01/PC03 Plus Postage.
DESCRIPTORS *Articulation (Education); *Community Colleges; *Developmental Studies Programs; *Food Service; *Foods Instruction; High Schools; *Hospitality Occupations; Occupational Home Economics; Sequential Approach; Skilled Occupations; Test Items; Two Year Colleges
IDENTIFIERS *Mattatuck Community College CT

ABSTRACT

This document contains a developmental curriculum plan for an articulated curriculum in hospitality/food service for Connecticut's Mattatuck Community College and area high schools. The curriculum guide includes a course description, criteria for evaluation, attendance policy, objectives, a curriculum area outline, 17 content area objectives, a food preparation test based on the objectives, and a glossary of 213 culinary terms. Topics covered by the content area objectives are the following: kitchen organization; kitchen safety and sanitation; weights, measures, kitchen mathematics, and written recipes; tools and equipment; salads and dressings; sandwiches and appetizers; breakfast menu, dairy products, coffee, and tea; cooking methods; preparation, "mise en place," and fry preparation; vegetables and fruit; potatoes, rice, and pasta; stocks and sauces; soups; meats; poultry; seafood; and culinary terms. Test format includes multiple choice, fill-in, true/false, and short answer questions. (KC)

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A Developmental Curriculum Plan to Achieve a Sequenced Curriculum Between High School Courses in Food Preparation and the Mattatuck Community College Hospitality/Food Services Program

FINAL REPORT

PREPARED BY
MATTATUCK COMMUNITY COLLEGE
750 CHASE PARKWAY
WATERBURY, CT 06708

PREPARED FOR

CONNECTICUT STATE DEPARTMENT OF EDUCATION
DIVISION OF VOCATIONAL, TECHNICAL AND
ADULT EDUCATION
BUREAU OF VOCATIONAL SERVICES
HARTFORD, CONNECTICUT

PROJECT DIRECTOR:
TODD JONES, COORDINATOR
HOSPITALITY/FOOD SERVICES
MANAGEMENT PROGRAM

THIS PROJECT WAS SUPPORTED BY FUNDS MADE
AVAILABLE TO CONNECTICUT THROUGH P.L.98-524

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MATTATUCK COMMUNITY COLLEGE

ACCESS PROGRAM

HOSPITALITY FOOD SERVICE MANAGEMENT

PROFESSIONAL FOOD PREPARATION

COURSE DESCRIPTION:

A lecture/demonstration/laboratory course which provides the knowledge and opportunities for students to learn and practice the basic skills needed for the commercial preparation and service of food. Basic cooking methods and culinary techniques are discussed and practiced in the production of soups, salads, vegetables, and sauces. Meats, poultry and seafood are prepared with commercial tools and equipment, with special emphasis on weights, measures and mathematics commonly employed in the professional kitchen.

High School students successfully completing the curriculum requirements **and** scoring **not less than 70%("C" average)** correct on a comprehensive objective/practical examination are eligible to receive 3 college credits for **HM 105-Food Preparation I** at Mattatuck Community College.

CRITERIA FOR EVALUATION

Student's final grade for the course will be based upon the following:

1.	Comprehensive written examination	60%
2.	Practical examination	40%

ATTENDANCE POLICY

Students are allowed a **maximum** of 10 absences for a one-year course; 5 absences for a 1/2 year course. Excessive absence will result in withdrawal from the ACCESS Program course objectives.

OBJECTIVES Upon successful completion of the course, the student will be able to:

1. define, discuss and employ basic food preparation theories and techniques;

2. recognize and use a variety of kitchen tools, equipment and raw food products;

3. plan, organize and prepare finished food items from the raw state;

4. memorize, interpret and evaluate selected written recipes; mathematically expand/reduce and precost these recipes;

5. define, discuss and employ kitchen management fundamentals;

6. demonstrate the ability to work cooparatively with others in obtaining group objectives as evaluated by the instructor.

CURRICULUM AREA OUTLINE

The following content areas will be addressed through lecture, demonstration and practice. Numbers indicate the minimum percentatge of questions from each content area to be selected from the test bank for the comprehensive written examination.

CONTENT AREA		PERCENT
1.	kitchen organization	3
2.	kitchen safety & sanitation	3
3.	general knowledge, foods; seaoning-herbs & spices	3
4.	weights, measures, kitchen math, written recipes	6
5.	tools and equipment	3
6.	salads and dressings	6
7.	appetizers; sandwiches	6
8.	breakfast menu; dairy products	6
9.	cooking methods	12
10.	pre-prep, mise en place, fry prep	3
11.	vegetables and fruits	6
12.	potatoes, rice and pasta	6
13.	stocks and sauces	6
14.	soups	6
15.	meats	6
16.	poultry	6
17.	seafood	6
18.	culinary terms & definitions	6
	TOTAL	99

CONTENT AREA OBJECTIVES

Upon successful completion of the following areas, the student will be able to:

KITCHEN ORGANIZATION

1. outline the types of foodservice operations
2. describe the positions, their functions and needed skills in the modern professional kitchen.
3. demonstrate understanding of the importance of professional attitudes and standards.

KITCHEN SAFETY AND SANITATION

1. prevent food poisoning and food-borne diseases by exercising proper hygiene, food handling and storage techniques. cleaning and sanitizing procedures and pest control.
2. display safe work habits to prevent injuries and avoid common kitchen hazzards.

WEIGHTS, MEASURES, KITCHEN MATH AND WRITTEN RECIPES

1. discuss the structure and functions of standardized recipes.
2. accurately measure and weigh ingredients and portions.
3. memorize all common weights, measures and temperatures and their equivalents.
4. define and recognize the relationships among **AP**, **EP**, and **AS** weights.
5. convert recipes to higher and lower yields.
6. calculate raw food costs, portion costs, and perform yield cost analyses.

TOOLS AND EQUIPMENT

1. identify and demonstrate safe and efficient use of standard kitchen tools and equipment, including:

    a. knives
    b. scales
    c. hand tools
    d. pots and pans
    e. small equipment
    f. measuring devices
    g. containers holding and storage equipment
    h. processing cooking equipment

2. discuss the importance of practicing energy conservation.

SALADS AND DRESSINGS

1. describe the different salad types and select appropriate salad recipes for use as:

   a. appetizer c. main course e. dessert
   b. accompaniment d. separate course

2. identify, assess quality of, and prepare salad greens and fresh fruits.
3. identify parts of a salad and assemble salads with eye appeal.
4. set up an efficient system for producing salads in quantity.
5. produce:

   a. green salads c. vegetable salads e. cooked salads
   b. fruit salads d. combination salads f. gelatin salads

6. identify salad dressing ingredients and produce: oil and vinegar dressings; mayonaise-based dressings; cooked dressings; specialty dressings.

SANDWICHES AND APPETIZERS

1. distinguish types of sandwich breads and proper storage.
2. list and use most popular sandwich fillings.
3. set up a sandwich station.
4. recall basic categories of hot and cold sandwiches.
5. prepare major types of sandwiches and describe quanitiy preparation.
6. review canape structure and assembly (base, spread, garnish) and prepare canapes.
7. describe basic composition & service of appetizer cocktails, relishes, and dips.
8. identify and prepare selected popular hors d'oevres.

BREAKFAST MENU, DAIRY PRODUCTS, COFFEE & TEA

1. describe the composition of eggs and distinguish between the various grades.
2. demonstrate proper storage of eggs.
3. prepare the following egg items:

   a. poached eggs d. shirred eggs g. fried eggs
   b. scrambled eggs e. custards h. omelets
   c. entree souffles f. hard & soft cooked eggs

4. prepare pancakes, waffles and French toast; cooked breakfast cereals; breakfast meats.
5. describe major milk, cream and butter products.
6. heat & cook with milk and prepare whipped cream.
7. identify the major domestic & imported cheeses; discuss proper storage and service.
8. prepare coffee and tea.

COOKING METHODS

1. name the basic components of foods and describe their reaction to cooking:

   proteins (coagulation, connective tissues, effects of acid)
   carbohydrates (caramelization, gelatinization)
   fruit & vegetable fiber (effects of sugar, acids, & alkalis)
   fats (market forms, deterioration)
   vitamins, minerals, pigments, & flavor components

2. describe the ways in which heat is transfered to food in order to cook it, such as conduction, convection and radiation.
3. list the factors which affect cooking times.

4. describe & distinguish between moist-heat, dry-heat and fat cooking methods.
5. explain and employ each basic cooking method used in the commercial kitchen, including:

a. poach	f. simmer	k. boil
b. steam	g. braise	l. roast
c. bake	h. broil	m. grill
d. griddle	i. pan-broil	n. saute
e. pan-fry	j. deep-fry	o. pressure-fry
		p. microwave

6. identify common flavoring ingredients, herbs, spices and discuss guidelines for their use in building flavor.

PREPARATION, MISE EN PLACE AND FRY PREP

1. explain the importance of carefully planned preparation.
2. describe the steps in planning for preparation, and differentiate between **set meal** and **extended meal** services.
3. use a chef's knife to perform basic cutting techniques.
4. review procedures in precooking and marinating.
5. set up and use a standard breading station.

VEGETABLES AND FRUITS

1. identify quality indicators, pre-preparation and storage of fresh fruits and vegetables.
2. control texture, flavor, color and nutritional changes when cooking vegetables.
3. prepare and serve vegetables cooked to their proper doneness.
4. prepare vegetables for quantity service by the **"batch cooking"** method and the **"blanch-and-chill"** method.
5. judge quality in cooked vegetables based on color, appearance, texture, flavor, seasoning, and appropriateness of combination with sauces and other vegetables.

POTATOES, RICE AND PASTA

1. distinguish the major types of potatoes and the best uses for each.
2. select potatoes of high quality and store them properly.
3. cook potatoes by:

    a. boiling
    b. sauteing
    c. steaming
    d. pan-frying
    e. baking
    f. deep-frying

4. distinguish the major types of rice.
5. prepare rice by:

    a. boiling
    b. steaming
    c. pilaf method
    d. risotto method

6. identify major types, shapes and quality of commercial pasta.
7. prepare fresh and commercial pasta products.

STOCKS AND SAUCES

1. prepare basic mirepoix
2. use a sachet bag and bouquet garni for flavoring liquids
3. prepare, cool and store properly:

    a. white stock (beef or veal)
    b. fish stock (fumet)
    c. chicken stock
    d. brown stock

4. describe the preparation of meat, chicken and fish glazes and reductions:

    a. glace de viande
    b. glace de poisson
    c. glace de volaille
    d. demiglaze

    and evaluate and use their commercial substitutes (convenience bases).

5. explain the function of sauces.
6. prepare **white**, **blond**, and **brown** roux and use them to thicken liquids.
7. prepare and use buerre manie, cornstarch and other starches to thicken liquids.
8. prepare and use egg yolk/cream liaison.
9. finish a sauce with raw butter (monter au beurre).
10. preapre the five leading or mother sauces:

    a. bechamel b. veloute c. tomato
    d. espangole e. hollandaise

11. prepare and select small sauces from each leading sauce.
12. prepare simple and compound butters.
13. prepare selected cold sauces and pan gravies.

SOUPS

1. identify the major categories of soups:

    a. clear (broth, bouillon, vegetable, consomme)
    b. thick (cream soups, purees, bisques, chowders, potage)
    c. specialty & national soups (including cold & jellied soups)

2. prepare clarified consomme and other clear soups.
3. outline three procedures for, and prepare, cream soups.
4. prepare selected puree soups, bisques, chowders, specialty and national soups.
5. discuss proper holding and service of soups.

MEATS

1. describe the composition and structure of meat and tell how it relates to meat selection and cooking methods.
2. utilize the federal meat inspection/grading system in the selection and purchasing of meats.
3. discuss the significance of aging meats.
4. identify the primal and fabricated cuts of beef, lamb, veal and pork.
5. select appropriate cooking methods for major cuts of meat based upon tenderness and other charactoristics.
6. determine doneness in cooked meat by internal temperature, touch, and time-weight ratio.
7. discuss proper storage procedures for fresh and frozen meats
8. prepare selected meat recipes employing standard cooking methods as listed in the content area cooking methods above.

POULTRY

1. differentiate between "light" and "dark" meat and describe how these differences affect cooking.
2. review techniques that help keep chicken/turkey breast moist in roasting.
3. identify and describe domestic poultry classes/kinds:

   a. Chicken:
      roaster, capon, hen/fowl
      rock cornish game hen, broiler/fryer
   b. Turkey:
      fryer-roaster, yearling, mature/old
      young turkey (hen or tom)
   c. Duck:
      broiler/frying duckling,
      roaster duckling/mature duckling
   d. Goose:
      young, mature
   e. Guinea:
      young, mature
   f. Pigeon:
      squab, pigeon

4. cut up (break down) chicken into parts.
5. handle and store poultry items properly.
6. determine doneness in cooked poultry.
7. illustrate trussing poultry for cooking
8. prepare basic bread stuffing and other selected dressings.
9. prepare selected poultry recipes employing standard cooking methods as outlined in content area cooking methods above.

SEAFOOD

1. describe how the cooking qualities of fish are affected by its lack of connective tissue.
2. determine doneness in cooked fish.
3. select appropriate cooking methods for fat and lean fish.
4. recognize the basic market forms of fish and shellfish.
5. dress and fillet round fish and flatfish.
6. recognize common varieties of fin fish and shellfish in American foodservice.
7. discuss proper inspection ofor freshness, handling and storage of fish and shelfish.
8. open oysters and clams, split lobster, and peel & devein shrimp.
9. prepare selected recipes for fish and shellfish using standard cooking methods as listed in the content area cooking methods above.
10. poach fish and shellfish in court bouillon, fumet, & wine.

Culinary Terms and Definitions

1. Select from sample glossary below:

Aging
A la Carte
Al Dente
Allemande
Allumette
Antipasto
AP Weight
AS Weight
Au Gratin
Au Jus
Au Sec
Bain Marie
Bake
Barbeque
Batonnet
Bechamel
Bard
Batter
Bearnaise
Beurre Manie
Beurre Noir
Blanch
Blanquette
Bisque
Boil
Bordelaise
Botulism
Bouquet Garni
Braise
Broil
Broth
Brunoise
Bulgur
Butterflied
Canape
Capon
Cappuccino
Carbohydrates
Carmelization
Chasseur
Chef
Chevre
China Cap
Chlorophyll
Chowder
Clearmeat
Coagulation
Cocktail
Court Bouillon
Collagen
Concasser
Consomme
Convection
Conduction
Convection Oven
Coq au Vin
Coral
Cream Soup
Croquette
Crudite
Crustaceans
Cycle Menu
Deep-fry
Deglaze
Demiglaze
Demitasse
Drawn
Dressed
Duxelle
Elastin
Emincer
Emulsion
Entremetier
EP Weight
Espangole
Etuver
Fettuccine
Fiber
Foie Gras
Fond Lie
Fondue Swiss
Fricassee
Fittata
FRy
Fumet
Garde Manager
Garnish
Gazpacho
Glaze
Green Meat
Griddle
Grill
Grillardin
Herbs
Hollandaise
Infection
Julienne
Jus
Jus Lie
Lasagne
Leading Sauce
Liasion
London Broil
Macaroni
Marbling
Marinate
Mayonnaise
Microwave
Mince
Minestrone
Mirepoix
Mollusk
Mornay
Mozzarella
Pan Gravy
Pan-fry
Parboil
Parcook
Pasta
Pasteurized
Pathogen
Patissier
Pilaf
Poach
Poissonier
Pot Roast
Primal Cut
Process Chesse
Pullman Loaf
Pumpernickel
Puree
Quiche
Raft
Radiation
Ratatouille
Ravioli
Recipe
Reduce
Reduction
Relish
Ricotta
Risotto
Roast
Roe
Roquefort
Rotisserie
Rotisseur

Culinary Terms and Definitions, cont.

Rough Prep
Roux
Russet
Sachet
Salamander
Salmonella
Sanitize
Saute
Sauce
Saucier
Sear
Semolina
Shirred Egg
Shortening
Shred
Simmer
Slurry
Small Sauce
Souffle
Sous Chef
Spaetzle
Spice
Static Menu
Station Chef
Steam
Stew
Stock
Sweat
Sweetbreads
Tang
Temper
Tomalley
Tourant
Truss
Tournedos
Veloute
Vent
Viande
Vin
Vinagrette
Vitamin
Volatile
Wash
Waxy Potato
Whitewash
Zest

Aborie Rice
Buerre Noisette
Careme, Marie-Antoine
Carry-over cooking
Celcius Scale
Clarified Butter
Club Sandwich
Compound Butter
Cross Contamination
Dry-heat Cooking Methods
Duchesse Potatoes
Escoffier, Georges Auguste
Espresso, Expresso
Executive Chef
Extended Meal Service
Fillet, Filet
Food Danger Zone
Gelatinization
Galce de Viande
Vichysoisse

ACCESS PROGRAM
HM 105 FOOD PREPARATION I
TEST BANK

1. KITCHEN ORGANIZATION 3 PERCENT

A. TRUE/FALSE

_____ 1. The sous chef supervises production in the kitchen.

_____ 2. One of Escoffier's achievements was the simplification of classical cooking.

_____ 3. What is the difference between an "executive chef" and a "working chef."

_____ 4. List all the duties of the "Garde Manger" station?

5. What does the term "mis en place" mean?

2. SANITATION AND SAFETY 3 PERCENT

A. SHORT/ESSAY QUESTIONS

1. Explain in detail the ingredients and procedure for making brown stock.

2. What is food poisoning, and where does it come from?

3. What are some of the symptoms of food poisoning?

   a.

   b.

   c.

   d.

4. Explain the reproduction cycle of bacteria.

5. What conditions have to exist for the growth of bacteria?

6. What does "Food Borne" disease mean?

7. Why should you wash your hands after using the toilet?

8. Why is it important for food trade students to wear hats and/or hairnets?

9. Define filleting?

10. How do you store fresh fish?

2. SANITATION AND SAFETY 3 PERCENT

A. SHORT/ESSAY QUESTIONS, cont.

11. What is the best way to prevent accidents in the kitchen?

12. What is the danger if the fat becomes too hot?

13. What is the best way to prevent accidents in the kitchen?

B. TRUE/FALSE

_____ 1. Poultry often carries salmonella bacteria, so careful sanitation procedures are required when handling poultry.

_____ 2. Trichinosis is a parasite associated with pork.

C. FILL-IN THE BLANKS

1. Abbreviations:

Oz. _____ Tsp. _____
Pt. _____ Tbsp. _____
Qt. _____ S.B.P._____
Gal. _____

2. 1 cup = _____ oz. 1 Qt. = _____
1 lb. = _____ oz. 1 Gal.= _____
1 pt. = _____ oz.

3. Bacteria multiply fastest when they have _____, _____ and _____.

4. Strict observation of posted rules is the best accident prevention method next to the use _____.

5. The final rinse of a dishwasher must have a minimum temperature of _____.

6. Name three types of food poisoning. _____, _____, and _____.

3. GENERAL KNOWLEDGE, FOODS; SEASONING-HERBS & SPICES 3 PERCENT

A. MULTIPLE CHOICE

_____ 1. Which of the following is not an acid:
a. baking soda
b. wine
c. vinegar
d. lemon

_____ 2. A MIREPOIX normally consists of:
a. onions, carrots, celery
b. bay leaf, thyme, peppercorns
c. parsley, cloves, garlic
d. white stock thickened with roux

_____ 3. An example of emulsion would be:
a. bechemel
b. condensed milk
c. mayonnaise
d. egg yolks

_____ 4. As proteins are heated, they coagulate, which means they:
a. dissolve
b. spoil
c. disperse and add flavor
d. shrink and become firmer

_____ 5. How are acidic substances used in the kitchen:
a. to prevent discoloration of cut fruits
b. to provide salad dressings with tartness
c. for cooking red vegetables
d. all of the above

_____ 6. The browning of sugars due to heat is known as:
a. glaze
b. au gratin
c. reduction
d. carmelization

_____ 7. A type of connective tissue in meats that does not break down or dissolve when cooked is:

a. solanine
b. elastin
c. gelatin
d. collagen

4. WEIGHTS, MEASURES, KITCHEN MATH, WRITTEN RECIPES 6 PERCENT

A. MULTIPLE CHOICE

_____ 1. How many pounds of hamburger would you need for 40-four ounce uncooked patties.

a. 4 pounds
b. 5 pounds
c. 7-1/2 pounds
d. 10 pounds
e. 12 pounds

_____ 2. If a hamburger cost $1.80 to prepare and you want to run a 40% food cost, what should the sale price be?

a. $3.50
b. $4.25
c. $4.50
d. $5.00
e. $5.50

_____ 3. 64 ounces equals _____ pounds?

a. 2 b. 3 c. 4 d. 5

_____ 4. 1/4 cup equals _____ teaspoons?

a. 6 b. 8 c. 12 d. 16

_____ 5. 5-1/4 quarts equals _____ pints?

a. 2-1/8 b. 7-1/2 c. 10-1/2 d. 12

_____ 6. 1-3/4 pounds equals _____ ounces?

a. 14 b. 10 c. 32 d. 28

_____ 7. 12 pints equals _____ gallons?

a. 1-1/2 b. 3/4 c. 3 d. 6

_____ 8. Liquids should be measured by _____; solid ingredients should be measured _____:

a. weighing; volume
b. volume; volume
c. volume; weighing
d. weighing; count

4. WEIGHTS, MEASURES, KITCHEN MATH, WRITTEN RECIPES 6 PERCENT

B. TRUE/FALSE

_____ 1. Volume measure is more reliable than weighing scales.

_____ 2. Viscous liquids (like molasses) are usually heavier than liquids like milk and water.

_____ 3. "A pint is a pound the world round" always holds true.

_____ 4. Most scales are solidly built and will take rough handling.

C. MATCH THE FOLLOWING:

oz	_____	a. tablespoon
pt	_____	b. to taste
qt	_____	c. pound
T/T	_____	d. tespoon
tsp	_____	e. quart
tbsp	_____	f. gallon
lb	_____	g. pint
gal	_____	h. ounce

4. WEIGHTS, MEASURES, KITCHEN MATH, WRITTEN RECIPES 6 PERCENT

A. RECIPE CONVERSION

1. The following ingredients and quantities are for a cream soup that yield 24 portions. Each portion is 8 fluid ounces. Convert the recipe to serve 120 - 8 ounce portions.

24 - 8 ounce portions		120 - 8 ounce portions	
butter	12 ounces	a. 30 oz. c. 2-1/2 lb	b. 2 lbs. d. 3-3/4 lbs.
onion	8 ounces	a. 36 oz. c. 2- 1/2 lb	b. 48 oz. d. 3 lb.
mushrooms	1-1/2 lb	a. 7-1/2 lb c. 3 lb.	b. 3-3/4 lb. d. 2-3/4 lb.
flour	9 ounces	a. 22-1/2 oz. c. 24 oz.	b. 36-1/2 gal. d. 45 oz.
white stock	4-1/2 qt.	a. 22-1/2 gal. c. 5 gal + 6 quarts d. 5 gal + 2-1/2 quarts	b. 13-1/2 gal.
milk	3 pints	a. 7-1/2 qt. c. 7-1/2 pt.	b. 15 pt. d. 8 pt.
heavy cream	1-1/2 pints	a. 7-1/2 qt. c. 15 pt.	b. 3-3/4 qt. d. 7-1/2 cups

A. RECIPE CONVERSION, cont.

2. The following ingredients and quantities are for a potato chowder recipe that yields 24 portions at 8 ounces each.
Convert the recipe to the yields indicated.

	24 portions 8 oz each	36 portions 8 oz each	24 portions 6 oz each
salt pork	8 oz	1._____	2._____
onions	12 oz	3._____	4._____
celery	3 oz	5._____	6._____
flour	4 oz	7._____	8._____
chicken stock	3-1/2 qt	9._____	10._____
potatoes	3 lb	11._____	12._____
milk	3 pt	13._____	14._____
heavy cream	1 cup	15._____	16._____
chopped parsley	2 Tbsp	17._____	18._____
salt & pepper to taste		19._____	20._____

FILL IN THE BLANKS BY MAKING THE CORRECT CONVERSIONS.
Example: 18 oz. = 1 lb. 2 oz.

1. 2-1/4 lb. =_____ oz.
2. 2 Tablespoons =_____ oz.
3. 16 cups =_____ oz.
4. 9 cups =_____ oz.
5. 22 oz. =_____ oz.
6. 15 teaspoons =_____ oz.
7. 12 qt. =_____ oz.
8. 256 fl. oz. =_____ oz.

9. 1 cup = _____ oz.
1 lb. = _____ oz.
1 pt. = _____ oz., _____ cup
1 qt. = _____ oz., _____ pt., _____
1 gal.= _____ oz., _____ pt., _____ cup, _____

4. WEIGHTS, MEASURES, KITCHEN MATH, WRITTEN RECIPES 6 PERCENT

B. IDENTIFY THE FOLLOWING

1. One cup:

2. One quart:

3. One pint:

4. How many fluid ounces in one cup? _____

5. How many fluid onces in one quart? _____

6. How many fluid ounces in one pint? _____

7. How many fluid ounces in one and one half pounds? _____

8. If you were making a recipe that called for one pound of butter, how many ounces would that butter weigh? _____

9. How many fluid ounces in one and one half quarts? _____

10. How many fluid ounces in one gallon? _____

11. How many quarts in one gallon? _____

12. How many standard measuring cups in a pint? _____

13. How many quarts in half gallon? _____

21. How many orders do you think you can get out of a (roasted turkey 22-24 pounds) if the servings were 2-1/2 ounces? _____

22. How many 3 oz. uncooked portions can you get out of a pound of ground meat? _____

23. How many rolls per person do you need for a regular buffet? _____

24. How many slices of ham would you figure per person on a buffet? (approximately) _____

25. How many people can you serve out of a head of lettuce for a buffet? (approximately) _____

26. How many cups of ground coffee does it take to make 100 cups? _____

5. TOOLS AND EQUIPMENT 3 PERCENT

A. SHORT ANSWERS/ESSAYS

1. What is beurre manie?

2. How are sauces strained? Name the piece of equipment used.

B. TRUE/FALSE

_____ 1. Stainless steel and Aluminum containers are best for marinating.

_____ 2. Because of air circulation in a convection oven, you need to set the temperature higher than for a regular oven.

_____ 3. The front of the oven is usually hotter than the back.

C. MULTIPLE CHOICE

_____ 1. A prepared sauce should be finished by passing through a:

a. salamander
b. bain marie
c. chinois
d. brazier

_____ 2. A prepared soup could be held in a hot water bath in a container called a:

a. chinois
b. salamander
c. bain marie
d. brazier

C. FILL-IN THE BLANKS

1. Walk-in refrigerator temperatures should generally be from _____ to _____ degrees Fahrenheit?

2. What are the four types of knives that are most common in a commercial kitchen?

a. _____
b. _____
c. _____
d. _____

6. SALADS & DRESSINGS 6 PERCENT

A. TRUE/FALSE

_____ 1. If lemon juice is added to gelatin, the amount of gelatin should be increased.

_____ 2. Mayonnaise is made by whipping oil and seasonings and slowly pouring in beaten egg yolks.

_____ 3. Emulsified dressings include, oil & vinegar and vinaegrette.

_____ 4. Too little gelatin produces a soft sloppy salad.

_____ 5. Gelatin sets more rapidly at cold temperatures.

_____ 6. When gelatin is whipped, its volume increases.

_____ 7. Acid juices such as grapefruit juice and lemon juice aid in preventing discoloration of cut apples and pears, etc.

_____ 8. Salad dressing or "boiled" dressing, as it is often called, contains a very high percentage of oil.

_____ 9. Since salads play a minor role in food preparation, accurate measurement is not important.

_____ 10. Lettuce improves in quality if stored in water before using.

_____ 11. Mayonnaise and Basic French dressing are important because they serve as a base for nearly all other dressing.

_____ 12. Clean salad plates should be refrigerated for a short time before using.

B. MULTIPLE CHOICE

_____ 1. Which of the following salad greens is not served alone due to its bitterness?

a. Bibb
b. Boston
c. Romaine
e. Escarole

_____ 2. What is the ratio of oil to vinegar in Basic French dressing?

a. 4:1
b. 5:1
c. 3:1
d. 1:1

6. SALADS & DRESSINGS 6 PERCENT

A. FILL-IN THE BLANKS

1. Name the four categories of salads:

   a. _____
   b. _____
   c. _____
   d. _____

2. Name the four basic parts of a salad:

   a. _____
   b. _____
   c. _____
   d. _____

3. Name one salad representative of each of the salad categories.

   a. _____
   b. _____
   c. _____
   d. _____

4. Fresh fruits, such as bananas, apples, and pears shuld be cut with a _____ knife to prevent discoloration.

5. Unflavored or plain gelatin should be soaked in _____ water when preparing salads.

6. Name the two most important ingredients in Basic French Dressing:

   a. _____
   b. _____

7. Name the four basic ingredients in mayonnaise:

   a. _____
   b. _____
   c. _____
   d. _____

7. APPETIZERS & SANDWICHES 6 PERCENT

A. TRUE/FALSE

_____ 1. To test the doneness of a roast turkey, insert a meat thermometer into the thickest part of the thigh.

____ 2. Appetizers include a variety of food combinations designed to wet or stimulate the appetite.

____ 3. Hors d'oeuvres should only be served hot.

____ 4. Canapes are tiny open faced sandwiches.

____ 5. Canapes should be mild in flavor.

____ 6. Two ounces is a good average portion for meat or poultry used in a sandwich.

____ 7. Bread may be kept fresh by placing it in the refrigerator.

____ 8. Sandwiches should be kept fresh and moist by covering directly with a damp towel.

___ 9. A left-handed worker can work as well as a right-handed worker regardless of how equipment is set up.

____ 10. Sandwiches usually show good food cost % but involve too much labor to be profitable.

____ 11. The most important consideration when making a hot sandwich is that the gravy is good and hot.

B. FILL-IN THE BLANKS

1. Name five factors that should govern preparation of sandwiches:

a. _____
b. _____
c. _____
d. _____
e. _____

2. Name three hard-crust breads:

a. _____
b. _____
c. _____

3. How many ounces in the average two pound pullman loaf? _____

7. APPETIZERS; SANDWICHES 6 PERCENT

C. Preparation of (choose one):

A cream soup of broccoli, mushroom or tomato using one of the three methods of preparation.

Ingredients Procedure

8. BREAKFAST MENU; DAIRY PRODUCTS 6 PERCENT

A. SHORT ANSWERS/ESSAYS

1. Explain in detail the ingredients, quantities and procedures for making and holding hollandaise sauce.

2. Preparation of one of the leading sauces that employs a roux: Include roux ingredients and preparation.

Ingredients Procedure

B. TRUE OR FALSE

_____ 1. Bacon should be cooked at a high temperature to make it crisp.

_____ 2. For best flavor, ripened cheeses should be served at room temperature.

_____ 3. Sour cream is a cultured product.

_____ 4. Pasteurization eliminates need for sanitary safegaurds.

_____ 5. Butter sold on the general market is unsalted.

_____ 6. Milk is one of the most complete food items in the diet.

_____ 7. Cheese should be served well chilled.

_____ 8. Romano is a semi-soft cheese.

_____ 9. Eggs may not be used as a clarifying agent.

_____ 10. Eggs can be used as a binding and thickening agent.

_____ 11. Eggs are graded according to appearance and size.

8. BREAKFAST MENU; DAIRY PRODUCTS 6 PERCENT

B. TRUE/FALSE, cont.

_____ 12. Grade C eggs are strictly for baking.

_____ 13. The three requirements for making good coffee are, clean equipment, freshly boiled water and fresh coffee.

C. MULTIPLE CHOICE

_____ 1. Which of the following does not cause milk to curdle?

a. acids
b. tannins
c. heat
d. butter

_____ 2. Which of the following is not a hard-ripened cheese?

a. Swiss
b. Cheddar
c. Brie
d. Parmesan

_____ 3. Green egg yolk in hard cooked eggs can be prevented by:

a. adding vinegar to the cooking water
b. boiling in salted water
c. using low cooking temperatures and short cooking times
d. boiling and then cooling rapidly

_____ 4. Which of the following contains the highest percentage of sugar?

a. heavy cream
b. evaporated milk
c. buttermilk
d. condensed milk

_____ 5. Purified butterfat with water and milk solids removed is:

a. Meuniere butter
b. maitre d'hotel butter
c. clarified butter
d. black butter

8. BREAKFAST MENU; DAIRY PRODUCTS 6 PERCENT

C. MULTIPLE CHOICE, cont.

_____ 6. To poach an egg the egg should be:

a. cracked and placed in cold water
b. placed, in the shell, in simmering acidified water
c. cracked and placed in simmering acidified water
d. cracked and placed in acidified water that is just below the simmering point

_____ 7. When preparing scrambled eggs in large quantities, the eggs, after cooking, should be:

a. cooled quickly and reheated for service
b. held hot in a 350 degree oven
c. portioned onto sheet pans and reheated as needed
d. mixed with a small amount of cream and kept in bain-marie

_____ 8. To blanch sausage, place sausage:

a. in acidified water and store covered
b. in warm water and hold for service
c. in 300 degree deep fat
d. in cold water and bring to a boil

D. FILL-IN THE BLANKS

_____ 1. Name two common faults in the cooking of fried eggs:

a. _____
b. _____

_____ 2. Bacon is often partly cooked before service by separating the slices and baking in a low temperature oven. This process is called _____. This process may also be accomplished using other techniques.

_____ 3. A very light breakfast, often consisting of fruit juice, coffee, and toast or light pastry is called a _____ breakfast.

_____ 4. The most popular breakfast potatoes are usually prepared by what cooking method? _____

9. COOKING METHODS 12 PERCENT

A. SHORT/ESSAY QUESTIONS

1. Name and briefly describe the three methods of cooking in fat:
   a.
   b.
   c.

2. What are the three reasons for cutting food?
   a.
   b.
   c.

3. What three substances protect food from being burned when cooking in hot fat?
   a.
   b.
   c.

4. What are the three moist heat cooking methods, and how can we recognize the differences?
   a.
   b.
   c.

5. List five common fats used in cooking.
   a.
   b.
   c.
   d.
   e.

9. COOKING METHODS 12 PERCENT

B. TRUE/FALSE

_____ 1. Thick steaks should be broiled at a higher heat than thin ones so that the heat will penetrate the meat.

_____ 2. Blanching is a cooking technique that involves cooking food for a long period of time at a low heat temperature.

_____ 3. If you are boiling two-inch-thick steaks, and one of them has been ordered well done while the other is to be rare, you should cook the well-done steak over higher heat.

_____ 4. Clarified butter should never be used for sauteing.

_____ 5. Sauteing is similar to pan-frying, except that sauteing always requires more fat.

_____ 6. In most cases, when you double a recipe, you must double the cooking time.

_____ 7. Braising combines two methods of cooking.

C. MULTIPLE CHOICE

_____ 1. What is the average fat temperature for deep frying?

a. 212 °F b. 275 °F c. 350 °F d. 400 °F

_____ 2. A cooking method which employs the highest cooking temperature is:

a. deepfrying
b. stewing
c. roasting
d. broiling

D. MATCH THE FOLLOWING:

____ 1. To cook quickly in a small amount of fat

____ 2. To cook submerged in hot fat

____ 3. To cook in liquid that is hot but not bubbling

____ 4. To cook in liquid that is bubbling gently

____ 5. To cook covered in a small amount to liquid

a. deep fry b. braise c. poach d. simmer e.saute

9. COOKING METHODS 12 PERCENT

E. FILL-IN THE BLANKS

1. _____ is a popular method of dry heat cookery which is done by direct heat over hot coals, such as charcoal or briquets or under gas flame or electric units.

2. Only _____ cuts of meat are usually used for broiling.

3. The broiler should be _____ before cooking time.

4. To _____ is to fry lightly and quickly in a small amount of fat.

5. _____ is a simmering process in a small amount of water or stock.

6. Moist heat cookery is best suited for _____ tender cuts of meat.

7. Deglazing is often associated with what cooking method? _____

8. Vigorous boiling results in increased _____ of meats.

9. Two examples of dry heat cooking are _____ and _____.

10. The rolling boil is a good method of cooking _____.

11. Two examples of moist heat cooking are _____ and _____.

12. Two examples of combination cooking are _____ and _____.

13. Which type of cooking procedure is used to tenderize meat? _____

14. List the three shields used in cooking to protect food from being burned:_____, _____ and _____.

15. List the five major cooking methods.

a. _____
b. _____
c. _____
d. _____
e. _____

9. COOKING METHODS 12 PERCENT

E. FILL-IN THE BLANKS

IN ONE METHOD FOR BRAISING MEATS, THE MEAT IS COOKED IN A FLAVORFUL STOCK INSTEAD OF A THICKENED SAUCE, AND BRAISING LIQUID IS MADE INTO A SAUCE AFTER THE MEAT IS COOKED. BELOW ARE THE STEPS FOR THIS PROCEDURE, BUT THEY ARE ALL OUT OF ORDER. PLACE THE STEPS IN THE CORRECT ORDER BY WRITING THE NUMBER 1 IN THE BLANK BEFORE THE FIRST STEP, NUMBER 2 BEFORE THE SECOND STEP AND SO ON.

_____ 1. Skim the fat from the braising liquid. Make a roux and thicken the braising liquid with it to make a sauce.

_____ 2. Add the mirepoix and brown it in the fat left in the pan.

_____ 3. Strain and adjust the seasonings of the sauce.

_____ 4. Collect all equipment and food supplies.

_____ 5. Put the meat in the pan and brown it well on all sides.

_____ 6. Serve the meat with the sauce.

_____ 7. Heat a small amount of fat in the braising pan.

_____ 8. Put the meat back into the pan and add stock or other braising liquids, tomato product, and sachet.

_____ 9. Trim and prepare the meat for cooking as required.

_____ 10. Take the cooked meat out of the braising liquid and keep the meat warm

_____ 11. Simmer with the cover on until the meat is tender.

10. PRE-PREP, MISE EN PLACE, FRY PREP 3 PERCENT

A. MULTIPLE CHOICE

_____ 1. Dredging refers to:

a. skimming the surface of stocks
b. tenderizing meats by pounding them
c. how you feel after working
d. passing a product through flour

_____ 2. Which is the proper sequence for the standard breading procedure?

a. eggwash-flour-crumbs
b. flour-milk-crumbs
c. flour-egg wash-crumbs
d. egg wash-crumbs-flour

_____ 3. A croquette is usually:

a. baked
b. marinated
c. broiled
d. deep fried

_____ 4. Acids:

a. toughen protein foods
b. tenderize protein foods

_____ 5. To apply the standard breading procedure to fish fillets, you pass them through:

a. first flour, then egg wash, then bread crumbs, then season them with salt and pepper
b. first flour, then egg wash, then breadcrumbs
c. first egg wash, then seasoned breadcrumbs
d. first milk, then egg wash, then breadcrumbs

B. SHORT ANSWERS/ESSAYS

1. What is the danger if the fat becomes too hot?

2. What three substances protect food from being burned when cooking in hot fat?

a.

b.

c.

10. PRE-PREP, MISE EN PLACE, FRY PREP — 3 PERCENT

B. TRUE/FALSE

_____ 1. Aluminum containers are best for marinating foods.

_____ 2. When foods are cooked to order, the cooks don't need to begin work until the first orders come in

11. VEGETABLES & FRUITS — 6 PERCENT

A. MULTIPLE CHOICE

_____ 1. Which of the following vegetable categories should not be cooked with acid added to the cooking water.

a. red
b. white
c. blue
d. green

_____ 2. Fiber in vegetables and fruits (cellulose and pectin) is made firmer by _____ and softer by _____.

a. acids and sugars/heat and alkalis
b. heat and alkalis/acids and sugars
c. starches/carbohydrates
d. baking soda/lemon juice

_____ 3. Polonaise refers to:

a. a small sauce based on a veloute
b. a buttered crumb and egg mixture
c. a type of cut with the French knife
d. a category of canapes

B. TRUE/FALSE

_____ 1. If a vegetable cooked by simmering is prepared ahead of time it should be removed from the heat and kept in its cooking water until needed for service.

_____ 2. Vegetables should be sauteed over low to medium heat to avoid overcooking.

B. TRUE/FALSE, cont.

_____ 3. Unpeeled bananas should be refrigerated immediately to prevent spoilage.

_____ 4. If green peas are not to be served soon after they are boiled, they should be cooled in cold water and refrigerated until needed.

_____ 5. Two or more batches of cooked green beans should not be mixed together.

_____ 6. Baking soda should be used when cooking green vegetables so that they will hold their color.

_____ 7. All frozen vegetables should be cooked without thawing.

_____ 8. Acids aid to intensify the color of red vegetables.

_____ 9. The cover or hatch of a pressure cooker may be removed at any time as they are all equipped with safety devices.

_____ 10. If previously frozen vegetables have thawed and are not going to be used, they should be refrozen as soon as possible.

_____ 11. Canned vegetables are fully cooked and require only reheating.

_____ 12. Generally, green vegetables should be cooked covered to retain acid content.

_____ 13. Yellow vegetables are not subject to too much color change unless overcooked.

_____ 14. All cut or peeled vegetables should be refrigerated and protected as exposure to air causes discoloring and/or deterioration.

_____ 15. Spoilage in canned vegetables may often be detected by swelling or distortion of the cans.

C. FILL-IN THE BLANKS

1. Proper cooking methods aid in preserving _____ values.

2. _____ cooking green vegetables may cause discoloration and loss of nutritional value.

11. VEGETABLES & FRUITS 6 PERCENT

C. FILL-IN THE BLANKS, cont.

3. Cook vegetables only until _____ and as _____ serving time as possible.

4. What is the best way to cook vegetables? _____

5. Heat breaks down the _____ of plant food.

12. POTATOES, RICE & PASTA 6 PERCENT

A. SHORT ANSWERS/ESSAYS

1. What is the difference between active dry yeast and compressed yeast?

2. How are most restaurant consommes made today? What care must be taken by the cook?

B. TRUE/FALSE

_____ 1. Risotto is an Italian dish made by adding parmesan cheese and mushrooms to basic rice pilaf.

_____ 2. Baked potatoes to be held for more than 30 minutes should be wrapped in foil.

_____ 3. Macaroni to be baked in a casserole, such as macaroni and cheese, should be boiled until about half-done, since it will cook further in the sauce.

_____ 4. Potato puree for Duchesse Potatoes should be quite moist before adding other ingredients.

_____ 5. Aborio rice is used for making pilafs.

_____ 6. In cooking pasta the rule of thumb is 4 parts salted water to 1 part pasta.

_____ 7. In the pilaf method of cooking rice, the ratios are 3 parts water or stock to 1 part rice by volume.

_____ 8. "Al dente" means to the teeth.

12. POTATOES, RICE AND PASTA 6 PERCENT

C. MULTIPLE CHOICE

_____ 1. Duchesse potatoes are prepared:

a. with whipped potatoes, egg yolks, and butter
b. with julienne potatoes and onions
c. with grated potatoes and butter
d. with whipped potatoes, cream sauce, and grated cheese

_____ 2. When cooking rice (white), the ratio of cooking liquid to raw rice (volume) is:

a. 2:1
b. 3:1
c. 4:1
d. 1:1

_____ 3. To cook pasta:

a. soak in cold water first
b. place in warm salted water, bring to a boil, then drain
c. place in boiling salted water and cook 8 to 15 minutes
d. place in boiling salted water and cook 20 to 25 minutes

_____ 4. Cooked spaghetti, when prepared ahead, should be:

a. left to stand in its cooking water until serving time
b. drained and rinsed in cold water
c. drained, rinsed and held in a hot oven until serving time
d. pasta should not be cooked ahead of time

_____ 5. Semolina is:

a. an italian rice dish
b. a type of egg noodle
c. a baked pasta dish
d. a high-protein flour

13. STOCKS & SAUCES 6 PERCENT

A. TRUE/FALSE

_____ 1. Stock to be clarified should be cool, not hot.

_____ 2. If properly refrigerated, stocks will keep indefinitely.

B. MULTIPLE CHOICE

_____ 1. Which type of food would you normally serve with Espagnole sauce?

a. shellfish
b. poultry
c. beef
d. pasta

_____ 2. If you thickened FUMET with ROUX, you would be making:

a. Bechamel
b. Veloute
c. Espangole
d. a mistake

_____ 3. Brown and white stocks should simmer for at least:

a. 1/2 hour
b. 2 hours
c. 3 hours
d. 4 hours

_____ 4. Mornay sauce is based upon a _____ by adding _____.

a. tomato/julienne ham and mushrooms
b. bearnaise/liason, cheddar cheese, mustard, paprika
c. bechamel/liason, parmesan cheese
d. espagnole/onions, tomato puree, red wine

_____ 5. For an average roux, the ratio of butter to flour (weight) is:

a. 2:1
b. 1:1
c. 1:2
d. 3:1

13. STOCKS AND SAUCES 6 PERCENT

B. MULTIPLE CHOICE, cont.

_____ 6. Which of the following is not a leading or "mother" sauce?

a. Bordelaise
b. Veloute
c. Espagnole
d. Bechamel

_____ 7. The technique used to make meat glaze from stock is called:

a. straining
b. viande
c. reduction
d. dilution
e. tempering

C. MATCH THE FOLLOWING:

____ 1. White stock thickened with roux

____ 2. Brown stock thickened with roux

____ 3. Emulsion of egg yolks, lemon juice and butter

____ 4. A milk thickened with roux

____ 5. A reduction of brown sauce and brown stock (1/2:1/2)

a. demiglaze
b. hollandaise
c. veloute
d. bechamel
e. espangole

C. MATCH THE FOLLOWING SMALL SAUCE WITH THE APPROPRIATE LEAD SAUCE:

____ 1.	Mornay	a. Tomato
____ 2.	Bordelaise	b. Hollandaise
____ 3.	White Wine Sauce	c. Veloute
____ 4.	Creole	d. Espangole
____ 5.	Mousseline	e. Bechamel

13. STOCKS AND SAUCES 6 PERCENT

D. FILL IN THE BLANKS ON THE FOLLOWING CHART

Leading Sauce	Liquid	Thickening Agent
1._____	Milk	2._____
Veloute	3._____	4._____
5._____	Brown Stock	Brown Roux
6._____	Tomato	7._____
Hollandaise	8._____	9._____

10. List the five mother sauces.

a. _____
b. _____
c. _____
d. _____
e. _____

E. SHORT ANSWERS/ESSAYS

1. Explain in detail the ingredients and procedure for making brown stock.

14. SOUPS 6 PERCENT

A. TRUE/FALSE

_____ 1. When it is being clarified, a consomme should be brought to a rapid boil so that the proteins will coagulate properly.

_____ 2. Mirepoix for cream soups should be browned lightly to develop flavor.

_____ 3. When you are making chicken noodle soup, it is best to cook the noodles separately if you want to keep the broth clear.

_____ 4. To avoid curdling, add milk to a cream soup before adding the roux.

14. SOUPS 6 PERCENT

B. MULTIPLE CHOICE

_____ 1. A Consomme Brunoise would be:

a. mirepoix with parsley stems and herbs
b. a clear soup with small diced vegetables
c. a thick cream soup with shellfish and vegetables
d. a clear soup with strips of vegetables

_____ 2. Which of the following is not true about cream soups?

a. mirepoix with parsley stems and herbs
b. a clear soup with small diced vegetables
c. a thick cream soup with shellfish and vegetables
d. a clear soup with strips of vegetables

C. FILL-IN THE BLANK

1. The boiling point of water (except at high altitudes) is _____ degrees Fahrenheit.

15. MEATS 6 PERCENT

A. TRUE/FALSE

_____ 1. Roast meats are usually sliced with the grain for maximum tenderness.

_____ 2. High heat is necessary for sauteing small cuts of meat.

_____ 3. When sauteing beef tenderloin tips, you should make sure the pan is hot before you add the meat.

_____ 4. If a batch of Swiss steaks is taking too long to cook so that they will not be ready on time, the best thing to do is to turn up the heat so that they cook faster.

_____ 5. When small pieces of meat are sauteed, they should be flipped in the pan as often as possible so that they cook on all sides.

_____ 6. A pot roast is a large cut of meat cooked in a covered pan by the roasting method.

_____ 7. Larding is the process of tying sheets of fat over the surface of a cut of meat that does not have its own natural fat cover.

15. MEATS 6 PERCENT

A. TRUE/FALSE, cont.

_____ 8. Roasts should stand for 15-30 min. before carving when possible.

_____ 9. The internal heat of a roast will cause it to continue cooking even after it has been removed from the oven.

_____ 10. Meat crossing state lines must be inspected for wholesomeness.

_____ 11. The grading stamp on meat designates wholesomeness.

_____ 12. The beef rib (as a meat cut) is located in the hindquater.

_____ 13. Ham may be either smoked or fresh.

_____ 14. Hotel bacon is usually packed 28 slices to the pound.

_____ 15. Heifer is considered better quality meat than steer.

_____ 16. Pork is specified as: U. S. #1, 2, and 3, etc.

____ 17. The bottom round lies on the inside of the leg.

____ 18. Tenderloin and Sirloin account for a relativley small percentage of the total beef carcass.

____ 19. Prime beef is the highest quality and has a low fat content.

____ 20. Veal is broken down in the same way as beef (same cuts).

____ 21. Pork is USDA graded as Prime, Choice, and Good.

____ 22. Mutton is derived from older lamb animals.

____ 23. Veal has very little fat covering or fat content.

____ 24. The least used muscles of animals are usually the toughest.

B. MULTIPLE CHOICE

_____ 1. Meats with a great deal of connective tissue should be:

a. cooked with dry heat
b. broiled
c. cooked with moist heat
d. boiled

B. MULTIPLE CHOICE, cont.

_____ 2. Which of the following is the most tender cut of beef?

a. brisket
b. loin
c. top round
d. chuck

_____ 3. The internal temperature of a roast beef cooked to rare is about:

a. 110 °F b. 125 °F c. 140 °F d. 325 °F

_____ 4. Shrinkage of roast meats can be drastically reduced by:

a. lower oven temperature
b. browning of product first
c. marinating
d. higher oven temperature

_____ 5. A federal inspection stamp on a cut of meat indicates that the cut was found to be:

a. properly aged
b. wholesome and fit to eat
c. tender and of good quality
d. a good proportion of lean to fat
e. all of the above

_____ 6. The term "green meat" refers to meat that is:

a. low grade meat
b. spoiled meat that has developed mold
c. meat that is not aged enough
d. meat that is aged in a vacume pack

_____ 7. To cook beef bottom roast you would most likely:

a. roast it
b. broil it
c. pan-fry it
d. braise it
e. boil it

15. MEATS 6 PERCENT

B. MULTIPLE CHOICE, cont.

_____ 8. Which of the following is not suitable for the broiler?

a. Beef
b. Pork
c. Lamb
d. Veal

C. FILL-IN THE BLANKS

1. _____ beef improves its flavor and tenderness.

2. Name three methods of determining degree of doneness.

a. _____
b. _____
c. _____

3. A _____ consisting of carrots, onions, and celery is often added to meat either at the begining or durring roasting, depending on length of cooking time.

4. Cooking meats at low temperatures, rather than high temperatures, results in: (name three things)

a. _____
b. _____
c. _____

5. Quality _____ is well fed, finely grained, and has a pinkish red color.

6. The finest _____ is milk fed and the flesh has a pinkish hue that is unmistakable.

7. Tripe is the muscular lining derived from _____ animals.

8. Name four variety meats:

a. _____
b. _____
c. _____
d. _____

9. Spareribs are a _____ product.

10. The product often described as a #7 rib comes from what animal?

11. What is the best way to reduce shrinkage of meat?
_____.

15. MEATS 6 PERCENT

C. FILL-IN THE BLANKS

12. List the five grades of beef.

a. _____
b. _____
c. _____
d. _____
e. _____

D. SHORT ANSWERS/ESSAYS

1. In an ideal situation, how much time from broiler to the customer?

2. Why is the resting time of 10-45 minutes important before slicing?

16. POULTRY 6 PERCENT

A. TRUE/FALSE

_____ 1. To test the doneness of a roast turkey, insert a meat thermometer into the thickest part of the thigh.

_____ 2. If poultry is basted during roasting it should be basted with fat.

B. FILL-IN THE BLANKS

1. What is the recommended oven temperature for a roast weighing 3 1/2 pounds and under? _____

2. Preparation of (choose one):

Fried chicken or onion rings made with batter (include cooking temperatures).

Ingredients Procedure

17. SEAFOOD 6 PERCENT

A. SHORT ANSWERS/ESSAYS

1. What is the danger if the fat becomes too hot?

2. Define filleting?

3. How do you store fresh fish?

4. What is the danger if the fat becomes too hot?

B. TRUE/FALSE

____ 1. Unlike meat and poultry, most fresh fish is not federally inspected.

____ 2. "Lean" fish are not usually as suited to broiling as fish with high oil content.

____ 3. Fish are marketed fresh, frozen and canned.

C. FILL-IN THE BLANKS

1. What is the best oven temperature for baked fish? _____

2. Name two shellfish:

a. _____
b. _____

36. Name two fish dishes:

a. _____
b. _____

18. CULINARY TERMS; DEFINITIONS; GLOSSARY 6 PERCENT

A. Fill-in the blanks with the terms listed below

____ 1. A combination of fresh herbs, tied together, used for flavoring.

____ 2. The uniform mixture of two unmixable liquids

____ 3. A basic sauce consisting primarily of cooked, thickened milk

____ 4. A mixture of rough-cut vegetables (usually onion, celery, and carrot); this mixture is used for flavoring

____ 5. A cooked mixture of equal parts flour and raw butter used to thicken liquids

____ 6. A mixture of cream and egg yolks, used to thicken and enrich a sauce or soup

____ 7. To swirl a liquid in a pan in order to dissolve cooked particles of food remaining on the bottom

____ 8. The term for purified butter fat, which is made by melting raw butter and removing the water and milk

____ 9. The mixture of ingredients, after it coagulates and floats to the surface, used to clarify a stock in order to make a consomme

____ 10. A specialty soup, from Russia, containing beets as a major ingredient

____ 11. A thickened cream soup made from shellfish

____ 12. A general French term for soup, often used to refer to a thick, hearty soup

____ 13. A soup that is thickened with roux or another thickening agent and contains milk and/or cream

____ 14. A cold soup made of pureed leeks, potatoes and onions with cream

____ 15. A type of hearty American soup often containing seafood, potatoes and milk

TERMS:

DEGLAZE	BORSCHT	LIAISON	EMULSION
ROUX	BEURRE MANIE	VICHYSSOISE	CLARIFY
BECHAMEL	CHOWDER	BOUQUET GARNI	RAFT
MIREPOIX	BISQUE	CREAM SOUP	POTAGE

A. MATCH THE FOLLOWING:

____	1.	Preparation readiness	a. concasser
____	2.	To the bite	b. au jus
____	3.	To chop coarsely	c. al dente
____	4.	With natural juices	d. mise en place
____	5.	A braised chicken dish	e. coq au vin

B. TRUE/FALSE

_____ 1. Precise measurement can only be made with the use of accurate measuring equipment and correct measuring techniques.

_____ 2. The most accurate method of measuring solid ingredients is by volume.

____ 3. To determine the portion cost, you divide the cost of all ingredients by the number of portions served.

Culinary Terms and Definitions 6 PERCENT

1. Select from sample glossary below:

Aging
A la Carte
Al Dente
Allemande
Allumette
Antipasto
AP Weight
AS Weight
Au Gratin
Au Jus
Au Sec
Bain Marie
Bake
Barbeque
Batonnet
Bechamel
Bard
Batter
Bearnaise
Beurre Manie
Beurre Noir
Blanch
Blanquette
Bisque
Boil
Bordelaise
Botulism
Bouquet Garni
Braise
Broil
Broth
Brunoise
Bulgur
Butterflied
Canape
Capon
Cappuccino
Carbohydrates
Carmelization
Chasseur
Chef
Chevre
China Cap
Chlorophyll
Chowder
Clearmeat
Coagulation
Cocktail
Court Bouillon
Collagen
Concasser
Consomme
Convection
Conduction
Convection Oven
Coq au Vin
Coral
Cream Soup
Croquette
Crudite
Crustaceans
Cycle Menu
Deep-fry
Deglaze
Demiglaze
Demitasse
Drawn
Dressed
Duxelle
Elastin
Emincer
Emulsion
Entremetier
EP Weight
Espangole
Etuver
Fettuccine
Fiber
Foie Gras
Fond Lie
Fondue Swiss
Fricassee
Fittata
FRy
Fumet
Garde Manager
Garnish
Gazpacho
Glaze
Green Meat
Griddle
Grill
Grillardin
Herbs
Hollandaise
Infection
Julienne
Jus
Jus Lie
Lasagne
Leading Sauce
Liasion
London Broil
Macaroni
Marbling
Marinate
Mayonnaise
Microwave
Mince
Minestrone
Mirepoix
Mollusk
Mornay
Mozzarella
Pan Gravy
Pan-fry
Parboil
Parcook
Pasta
Pasteurized
Pathogen
Patissier
Pilaf
Poach
Poissonier
Pot Roast
Primal Cut
Process Chesse
Pullman Loaf
Pumpernickel
Puree
Quiche
Raft
Radiation
Ratatouille
Ravioli
Recipe
Reduce
Reduction
Relish
Ricotta
Risotto
Roast
Roe
Roquefort
Rotisserie
Rotisseur

Culinary Terms and Definitions, cont.

Rough Prep
Roux
Russet
Sachet
Salamander
Salmonella
Sanitize
Saute
Sauce
Saucier
Sear
Semolina
Shirred Egg
Shortening
Shred
Simmer
Slurry
Small Sauce
Souffle
Sous Chef
Spaetzle
Spice
Static Menu
Station Chef
Steam
Stew
Stock
Sweat
Sweetbreads

Tang
Temper
Tomalley
Tourant
Truss
Tournedos
Veloute
Vent
Viande
Vin
Vinagrette
Vitamin
Volatile
Wash
Waxy Potato
Whitewash
Zest

Aborie Rice
Buerre Noisette
Careme, Marie-Antoine
Carry-over cooking
Celcius Scale
Clarified Butter
Club Sandwich
Compound Butter
Cross Contamination
Dry-heat Cooking Methods
Duchesse Potatoes

Escoffier, Georges Auguste
Espresso, Expresso
Executive Chef
Extended Meal Service
Fillet, Filet
Food Danger Zone
Gelatinization
Galce de Viande
Vichysoisse